

## 2006 NOAA Restoration Day

### **Supplies for Volunteers to Bring:**

- Bagged lunch and/or snacks. Some water will be provided but **NOT** food.
- Bottled water/drinks
- Swimsuit and/or old clothes, you will get wet!! (Quick dry fabrics work best; we will have one tent for changing)
- Fieldwork clothes that can get muddy and wet (shorts and t-shirts). Remember to wear your NOAA logos. Quick-dry fabrics are recommended (nylon, not cotton).
- Old shoes/sneakers/Teva sandals that can get wet but will stay on securely (**NO BARE FEET ALLOWED!!**)
- Towel
- Dry change of clothes and shoes
- Plastic bag for your wet items
- Waterproof sunscreen
- Bug spray
- Binoculars (optional), *mandatory for birders*
- Sunglasses
- Hat
- Jacket/sweatshirt (if necessary)
- Cell phone (optional, in waterproof case if taken near water)
- Work gloves (optional – some will be provided)
- Light weight/partial wet suit IF it's cold that day (chest waders won't work, bending is involved)
- Bag to hold your gear (backpack or dry bag). **NOTE:** plan on bringing all necessary items with you.
- Be prepared for the weather, check the forecast before leaving your house in the morning.